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# Sunnyrest Sanatorium White Haven, Pa.

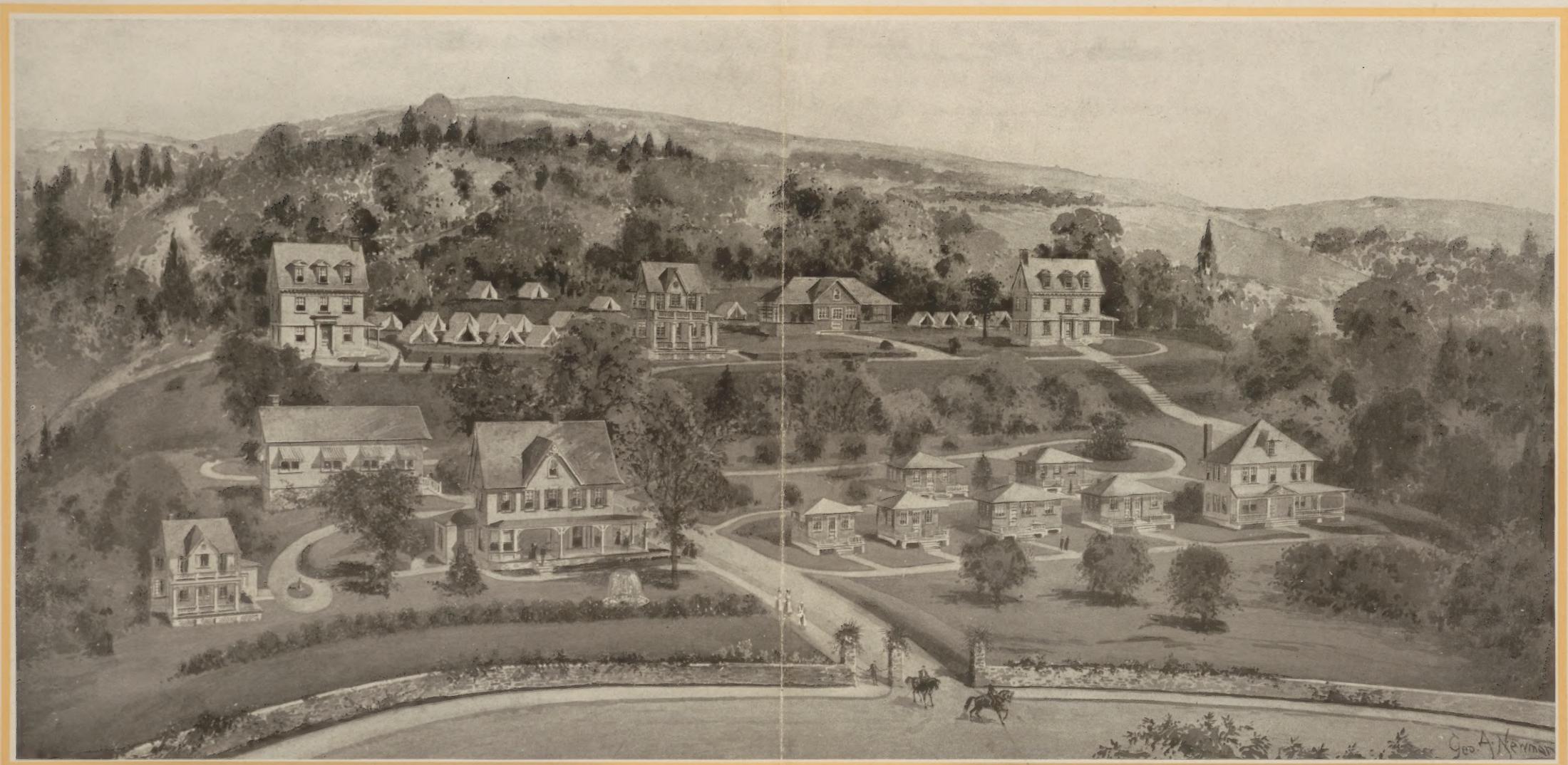
For the Diseases of the Lungs & Throat

Established 1901



*Presented to the*  
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Library, United States Army**  
Washington, D. C.  
BY  
The Prudential Insurance Co. of America  
Newark, New Jersey





SUNNYREST SANATORIUM

WHITE HAVEN, PENNA.

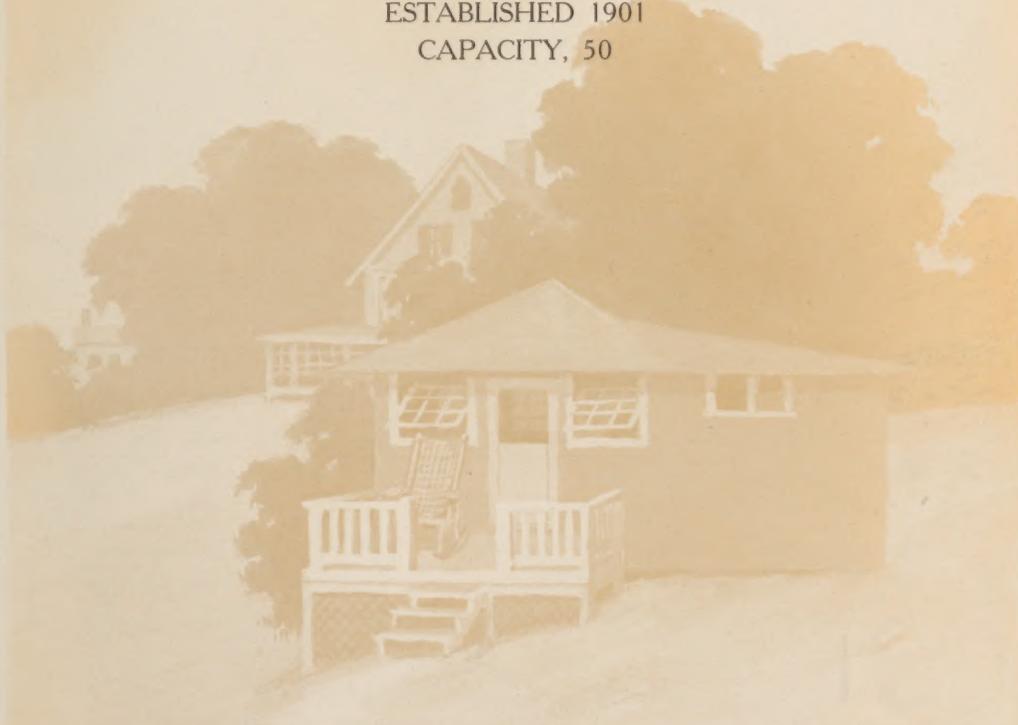


# SUNNYREST SANATORIUM

## WHITE HAVEN, PA.

FOR THE DISEASES OF THE  
LUNGS AND THROAT

ESTABLISHED 1901  
CAPACITY, 50



THE FIRST PRIVATE SANATORIUM FOR TUBERCULOSIS  
ESTABLISHED IN THE STATE OF PENNSYLVANIA





Bay Window in the Attractive Sitting-room

## SUNNYREST SANATORIUM

**J**N 1898 a commission was appointed by the Pennsylvania Society for the Prevention of Tuberculosis to find the most suitable site in Pennsylvania for a sanatorium for the treatment of the consumptive poor of Philadelphia. Various places were visited and White Haven was selected owing to its wonderfully pure bracing air and dry soil and its accessibility.

The Society was unable, on account of funds, to open their sanatorium at that time. So, when the Free Hospital for Poor Consumptives desired a site, they took advantage of the commission's investigations and located at White Haven in July, 1901, and the White Haven treatment already has a world-wide reputation.

The success of the treatment at the Free Sanatorium was indeed so gratifying that at once there was a demand for a private sanatorium. It was to meet this demand that the Sunnyrest Sanatorium was opened in November, 1901, with a



The Dining-hall is Lighted on all Four Sides

capacity of twelve beds. The success since attained has convinced the medical profession that it is not necessary to send patients far away from their family and friends when here, practically at home, tuberculosis is being treated with such marked success.

#### LOCATION OF WHITE HAVEN

The village of White Haven is situated in the Blue Mountains, on the main line of the Lehigh Valley Railroad and the Central Railroad of New Jersey, 116 miles from Philadelphia and 147 miles from New York, and has an elevation of 1200 feet. The air is always invigorating, the nights are cool in summer, and the breezes make even the hottest summer day comfortable. The winters are cold, but the extreme temperature is less felt than at the lower elevations, and the patients enjoy the winter fully as much as the summer.

## BUILDINGS AND GROUNDS

The institution is located in an attractive park among beautiful fruit and shade trees, and consists of an Administration Building, a central dining-hall, cottages, bungalows, and tent houses, a nurses' home, and sleeping quarters for employees, and a steam laundry building. The grounds are kept in an attractive manner and pretty flower-beds add much to the cheerful surroundings.

## DINING-ROOM

The dining-hall is a large sunny room with windows on all four sides and can accommodate seventy-five persons. The food and service compare favorably with that found in a first-class hotel. The kitchen is in charge of a dietitian, and the best food obtainable is provided and prepared by a competent chef. Special individual diets are prepared for those requiring them when ordered by the physicians. Private tables are available for visitors. No coughing is allowed in the dining-room. A large open fireplace adds much to the attractiveness of the room.

## ADMINISTRATION BUILDING

The first floor of the Administration Building consists of examination-room and nurses' office, executive office, drawing-room, and a comfortable lounging-

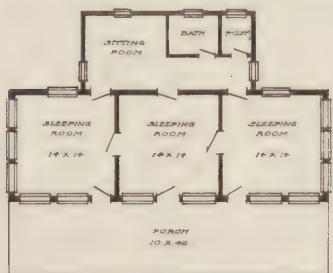


The Lounging-room in the Administration Building



A Combination Bungalow

Summer



room with open fireplace. The upper floors are used for sleeping-rooms and special rooms for guests of patients.

#### PRIVATE ROOMS

The majority of the rooms are corner ones with from three to five windows, which are thoroughly screened. They are furnished in white

enamel, and the floors are covered with linoleum and rugs. The best of bedding is provided. During cold weather the windows are opened by the nurses after the patient is in bed and are closed in the morning before arising, thus making them comfortable for undressing and dressing. For those who wish all the advantages of outdoor sleeping and yet are too timid to be alone in indi-



An Individual Bungalow

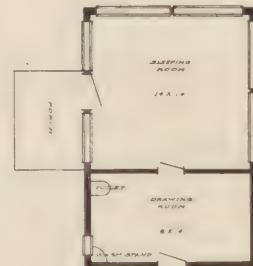
Winter

vidual bungalows, one cottage is provided with sleeping-porches and two more such cottages will soon be ready. There are tub-baths, shower-baths, and toilets convenient to all rooms.

## BUNGALOWS

The individual bungalows at Sunnyrest are designed to give the patient all the advantages of sleeping outdoors with the comforts of indoors. This is only possible when the bungalows have separate rooms for sleeping and dressing. The sleeping-rooms have six large windows with screens and awnings, and the dressing-room is comfortably heated. The large bungalows have toilets and running water.

The combination bungalow is as near perfect for comfort as it can be made.



It consists of three separate sleeping-rooms 14 x 14 with a large dressing-room attached and separate rooms for toilet and bath. It has steam heat and all windows are screened and provided with awnings.

Tent houses will be provided in the early spring for use until fall.



Bedroom with Sleeping Extension and Private Porch

## PIAZZAS

An abundance of porch room is provided on all buildings, and during the winter months glass partitions protect the south porches from the north and west winds. A Detweiler Kiousk is also provided for "doing cure" in the winter months. Properly wrapped up, the patients sit out six to eight hours daily with perfect comfort.

## HEATING

The buildings are all heated by steam, and each room is provided with double the usual amount of radiation in order that within a short time after the windows are closed the patient can dress with comfort.

## LIGHTING

All the rooms and bungalows are lighted by electricity, thus obviating the objectional odors of lamps or gas. Electric call-bells are provided in all rooms and bungalows.

## WATER SUPPLY

The institution has an abundant supply of pure spring water piped direct to the building. All drinking-water is supplied from the artesian well, pumped direct into glass bottles.

## DISINFECTION

This most important feature is given every possible attention. All apartments are thoroughly fumigated by formaldehyde on the departure of a patient before another occupies it. All linen, bedding, etc., is treated with high pressure steam. All rooms are renovated at least once a year. Science proves that there is no place more healthful than a properly conducted health resort.

With such precautions the visitor is really safer than in the usual hotel or boarding-house where no precautions are taken.

## TREATMENT

The treatment consists of rest and regulated exercise, fresh air, selected foods and diet, careful nursing, and strict supervision that the physicians' orders are faithfully carried out. Tuberculin is administered in suitable cases.

## NURSES

A corps of nurses, trained especially for sanatorium work, is provided, which can, as a rule, give all the attention that the physicians' orders require and for which there is no extra charge. Any patients demanding or requiring the exclusive services of a nurse must provide them at their own expense.

## PHYSICIANS

The patients are under the medical direction of Doctors Joseph Walsh, Charles J. Hatfield, H. R. M. Landis, George Fetterolf, and Frank A. Craig of Philadelphia and Doctors A. M. Shoemaker and Walter F. Wood of White Haven.



Bedroom, with Seven Windows, in Individual Bungalow

## ADVANTAGES TO PATIENTS

The advantages of sanatorium treatment in tuberculosis are recognized by all. It simply means doing under pleasant surroundings things that one would not voluntarily do at home. The education of the patient means not only what to do and, more important, what *not* to do, while under treatment in the sanatorium, but also how to regulate his daily routine when he returns home and again takes up business. The elevation of 1200 feet is just sufficient to escape the dampness and humidity of the lower altitudes, and, whatever differences may exist in the opinions of the medical profession as to climatic advantages, it is patent to all that when the cool nights insure sound sleep and the bracing air of the day produces good appetites, the patient receives a most distinct benefit.

## DAIRY

Sunnyrest is proud of its dairy; its herd of Jerseys has passed the tuberculin test, and of 300 dairies inspected by order of the Wilkes-Barre Board of Health this dairy received the highest award with a score of ninety-four. See *Wilkes-Barre Record* (September 17, 1909).



## POULTRY FARM

The poultry and truck farm consists of fifty-two acres, is stocked with white leghorns, and is under the direction of a graduate of the department of Poultry-Husbandry of the New York State College of Agriculture.

## AMUSEMENTS

The walks through the surrounding mountains afford much pleasure to the patients, and the village is within easy access. The roads are first-class for driving and motoring, and an automobile is provided at reasonable rates, enabling patients to make trips to Bear Creek, Glen Summit, Wilkes-Barre, and Hazleton.



Delaware Water Gap and the Poconos are eighteen miles east of White Haven. A music-room is provided, and impromptu concerts are arranged. A pool and billiard table is provided and for which no charge is made.

White Haven is noted for its trout fishing and pheasant shooting, and the families and friends of the patients take advantage of these sports and spend their vacations here.

#### CLOTHING

Patients should provide themselves with warm clothing, as their days are spent in the open air. During the winter months they will need rugs or blankets to use in the reclining chairs, arctics, knit jackets, caps, and warm coats.

#### HOW TO REACH WHITE HAVEN

White Haven can be reached by the Lehigh Valley Railroad or the Central Railroad of New Jersey. It is three hours from Philadelphia, four hours from New York, and eight hours from Buffalo. All-through trains have Pullman and dining cars.

Through sleepers are run from points west via the Grand Trunk and L. V. R. R. A sleeper leaves Pittsburg each evening, arriving at Wilkes-Barre early the next morning, connecting for White Haven, which is one hour from Wilkes-Barre.

Sunnyrest can be reached by long distance Bell Telephone.

The United States Express and Western Union Telegraph should be used.

A free conveyance will be provided patients if they will give notice of the time of their arrival. All baggage is transferred to and from depot without charge.



The Unique and Comfortable Sitting-room

## RATES

Rooms range from \$15 to \$25 per week, but the minimum-price room for a bed patient is \$17 a week. Individual bungalows of two rooms with sleeping-room of six windows and a heated dressing-room are \$20 per week. They have electric lights and call bells, and have screens and awnings. A large type of bungalow suitable for two persons is \$25 a week for one and \$40 for two persons. The sleeping-room is 14x14 and has six large windows. The dressing-room is 8x14 and has toilet and running water; there is also a porch 8x14. This is an ideal bungalow when the patient has some accompanying guest. The combination bungalow has sleeping-room 14x14, dressing-room 10x12, bath and toilet, with porch to the south, and is \$22.50.

During the summer tent houses will be provided, ranging from \$16 to \$20 a week.

Accompanying friends are accommodated at the rate of \$2.50 a day or \$15 a week.

The extras consist of physicians' consultations and what few medicines are prescribed, and average about \$3 a week. By computation it was found that the average weekly expense of forty-two patients was about \$20 a week.

Bills are payable weekly in advance. Patients are requested to give one week's notice of departure. For further particulars address

ELWELL STOCKDALE

White Haven, Pa.



Boating on the Lehigh



